

REX MONTHLY

REALISTIC EXPECTATIONS, PLLC COMPANY NEWSLETTER



Realistic Resolutions in the New Year

By Jenna Turchiarelli, LMSW

As the New Year approaches, many utilize this time of transition to reflect on the past year and look ahead to the next. Reflection of this kind may yield positive feelings brimming with new beginnings and possibilities for some while bringing on an impending sense of stress and vulnerability for others. Regardless of your position on the new year, you may be feeling a desire for change. Whether this change is minimizing discomfort, maximizing the good in life, or finally achieving a lifetime goal, now is a good time to consider what you want for yourself or what changes you hope to see in the new year by setting some resolutions. Understanding how to set realistic resolutions is a key element of being able to achieve them. Working towards a goal requires placing a lot of importance in reaching that outcome, but that may not be enough to give us the sense of fulfillment we may expect. Have you ever had a time that you reached a goal and felt the same or missed the goal, and felt a sense of disappointment or self-loathing? If so, know you are not alone. Resolutions are more than a goal in the sense that they (in best practice) require us to examine our values. A 'value' is a subject that we determine to be of personal importance and often gives meaning to our lives, such as adventure, creativity, faith, or justice. When goals are chosen with values in mind it can...

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...help ensure that our efforts are dedicated to our own growth, happiness, and life satisfaction rather than getting caught up in the aimless to-do list driven by the collective notion of self-improvement.

Values clarification is a practice that not only allows us to make good resolutions but also helps decision making in day-to-day life. Understanding your values ultimately allows you to make choices based on what matters to you versus what is in front of you at the time. Life experiences of loss, success, pain, and growth are strong influences to act, to change or confirm the circumstances, but these forces will not last forever and thus should not be the basis of future aspirations. Consider your values and what provides meaning to your life when thinking about your resolutions. If you are unsure about setting resolutions, you can instead define your values and commit to doing your best to live in accordance to these on a daily basis.

Supervision Corner: The Journey to Becoming a Social Worker

By Allison Goukler, LMSW

For individuals starting or continuing their educational journey in the hopes of one day practicing social work, the path can vary greatly depending on what you are hoping to gain. Students, advocates, case workers, technicians, counselors, administrators, leaders, and all types of social workers come from a variety of backgrounds and educational experience. Ultimately, in the state of Texas, you must hold a social work license to be considered a "social worker". This can be held at the Bachelor and Masters level and include different levels of clinical applicability and independence. Depending on what a person is trying to accomplish and what individuals, groups, and populations they are wanting to help, the path may change. Whether at the associates, bachelors, masters, or PhD level, we are all working towards making life a bit better for those in need.



Clinician Availability

Accepting New Clients

Limited Availability

Full



**Elizabeth Newsom,
LCSW-S**



**Allison Goukler,
LMSW**



Franky Smith, LMSW



**Tamera Wright,
LMSW**



**De'An Olson Roper,
LCSW-S**



**Jenna Turchiarelli,
LMSW**



Shannon Floyd, LCSW



**Caroline Broughton,
MSW-Intern**



10 Years with Realistic Expectations, PLLC

Elizabeth Newsom, LCSW-S

Hi, I'm Liz Newsom, LCSW-S. I'm the Clinical Director here at Realistic Expectations, PLLC and I'm super stoked to share that we've been doing what we do for 10 years this month (December 2022). We wouldn't be where we are without our amazing team (including the wonderful students that do their internships with us) and the brave clients we work with that dare to heal in this sometimes chaotic, unsettling world. I started this practice subletting space from my clinical supervisor, with the hopes of maybe someday having enough of a caseload that I could pay my bills and have time for my family. My peers kept asking me, "So what's your niche?" and honestly, at first I had no idea but then a few things fell into place. In the part time work I did at hospitals, I saw that there was such a huge stigma around working with sexuality and gender variant folx, that I felt compelled to make that my niche. As someone that is a part of the community, I can attest that 10 years ago, there weren't many clinicians in DFW that were focusing on these populations. As time went on, I was approached by someone wanting to do clinical supervision with me because of what I do. I was drowning in work at the time so I offered him a job, not just supervision and thus started what REX has become, a place for queer, kinky, and ENM folx to seek treatment from competent clinicians. Next week, we move into a large space that can accommodate even more clinicians and interns. I couldn't be prouder of the team of people that we've put together and developed. In the coming year, the selection of groups we offer will be expanding to include groups I've been dreaming about for years (like Group Play Therapy for Adult Littles), expanding our services to include Psychological Safety at kink conferences, more community and professional speaking engagements, expanding our MSW-Intern program to include more clinical work, yoga, and so much more.



Upcoming Events

South Plains Leather Fest:
March 23rd-26th
Find us working in the event 'Quiet Room'!

<https://www.southplainsleatherfest.com/>

Bondage Expo Dallas:
April 21st-23rd
Find us at this year's event!

<http://www.bondageexpodallas.com/>

Find us on:



[@HEALING_AT_REX](https://twitter.com/HEALING_AT_REX)



[@REALISTICEXPECTATIONS](https://www.facebook.com/REALISTICEXPECTATIONS)



[@REALISTICEXPECTATIONSPLLC](https://www.instagram.com/REALISTICEXPECTATIONSPLLC)

Upcoming Group Programs

A-SIDE: An Asexuality-Spectrum Identity

Identity Development and Education Group

Start: Fall

Contact: Allison Goukler, LMSW

Admin@realisticexpectations.net or (469) 294-3779

Raising Queer Youth: Education and Exploration for Parents of LGBTQ Adolescents

Start: Fall

Contact: Jenna Turchiarelli, LMSW

Jenna@realisticexpectations.net or (469) 297-6153

Lessons in Self Love: A Self-Esteem Support Group for Young Adults

Start: Fall

Contact: Tamera Wright, LMSW

Tamera@realisticexpectations.net or (214) 233-5547